



YARROW

YARROW



The plant spirit who can help support and guide you right now is YARROW (*Achillea millefolium*).

Yarrow is a powerful plant that calls for a fierce alignment with your authenticity and your purpose. This beauty will help you align with your direction, and help you lock into a clear vision of what you want to move towards. They will help you clear murkiness, and find your own inner light of truth.

This plant spirit can help you create and maintain strong boundaries for yourself, especially as someone who is sensitive to energy, or tends to take on the energy of those around you. Yarrow will assist you in creating the space inside your personal boundary so you can feel the truth of your existence, in its purity, without the influence of the outside. This will allow you to find clarity without getting distracted by others' ideas for you.

Yarrow also holds a bold and courageous medicine that can provide you with motivation for action. Known as a “blood mover,” yarrow helps cleanse, move, and balance the blood.



Physically, this plant is a superb wound-healing herb, who stops bleeding rather quickly. Yet this medicine also helps the blood flow where it has become stagnant. For the menstrual cycle, this plant can be used to both enhance a scanty flow, and also reduce excessive flows. It is amazing at flushing away "excess" in most systems of the body, opening and clearing pathways. In this way, the simple, pure, truth remains.

This medicine aids in purifying your body and energetic field to create balance, health and harmony. This in turn helps you feel lighter, freer, and more centered within yourself



Working with plant spirits

When working with plant spirit medicine, or the energetic medicine of a plant, it is important to use small doses. This means taking drop doses of a tincture, ingesting the flower essence, or simply putting the medicine on or near your body. Similarly, you need only sit next to the living plant, or take a small nibble of flower or leaf in order to connect spiritually to the plant medicine.

Smaller doses allow the medicine to work at the subtle level, rather than the physical level. The medicine can work its way into the smallest of spaces this way, accessing energetic patterns rather than honing in on the physical symptoms.

Ideas for working with Yarrow

- Add dried yarrow flower to your bath water
- Buy some yarrow oil or salve and anoint yourself with it
- Scout out yarrow in your area to sit with or harvest
- Draw or paint the yarrow plant
- Place some fresh or dried yarrow flowers on your altar
- Look at yarrow imagery and track your body to notice how you feel
- Meditate with yarrow in person or with a drop of tincture, or flower essence and ask them what they can teach you

**This information is not a substitute for medical advice. We recommend working with the plants in energetic and spiritual ways. Always do your own research and request advice from an herbalist, naturopath, or other medical provider regarding taking these medicines internally for your own unique constitution.*



Amy Terepka, founder of Groundwater Healing, is a skilled and experienced bodyworker, energy healer, and plant medicine practitioner with over 15 years of experience in the healing arts. She has a deep understanding of the connection between the body, mind, and spirit, and has completed extensive training in Bodywork, Energy Medicine, Earth Medicine, and Plant Spirit Medicine. Amy is passionate about helping individuals reconnect with their bodies and the Earth, and offers a unique, holistic approach to healing, which includes an embodied approach to spiritual medicine. You can find out more about her and her offerings at groundwaterhealing.com.

